IN THE SPECIFICATION

Please amend the paragraph beginning at page 5, line 4, as follows:

It is desirable for the warming article of the present invention to generate 1 to 100 mg, more desirably 5.0 to 50.0 mg, of water vapor per unit area (cm^2) for 10 minutes. The amount of water vapor generated ($mg/cm^2 \cdot 10$ min) is obtained by measuring the humidity having changed by the generated water vapor. Similarly, to ~~the time required for reaching the maximum temperature of heat generation~~ the reachable temperature, the amount of water vapor produced can freely be designed by the formulation of the components and the layer structure (described later) according to the purpose, that is, whether a steep temperature rise is desired or a long duration of heat generating reaction at a relatively low temperature is desired, and the like.

Please amend the paragraph beginning at page 15, line 13, as follows:

A sheet is place in a 4.2-liter closed chamber having a relative humidity of 1% or less while feeding 5.0 l/min of dry air into the chamber and thus let to heat up. The sheet was set in the chamber so that water vapor generated may spread in the chamber. The humidity of the air discharged [[in]] from the chamber is measured with a hygrometer, from which the amount of water vapor generated per unit time after the start of heat generation is calculated according to equation (1) shown below. The cumulative amount of water vapor generated for a period of 10 minutes is obtained and converted to a value per unit area. In the following equations, e stands for water vapor pressure (Pa); es, a saturated water vapor pressure (Pa; according to JIS Z8806); T, temperature (°C; dry-bulb temperature); and s, sampling cycle (sec).

Please amend the paragraph beginning at page 18, line 25, as follows:

The warming article 1 has a surfacing member 33 on the surface of the air permeable sheet 31 (i.e., the upper side of the warming article 1) and a surfacing member 35 on the surface of the impermeable sheet 32 (i.e., the lower side of the warming article 1). The surfacing ~~member 34~~ member 35 not only give an agreeable feeling to the skin when the user put his or her hand in the receiving part 5 but is effective in relaxing heat conduction to give a user a mildly warmed feeling. It is possible to apply a chemical ingredient such as a skin cleaner or a furniture or hard surface cleaner, a medicinal ingredient such as a skin moisturizing agent or a line smoother, a heat-soluble gel or sol, a heat-released deodorant, and so forth to the surfacing member to provide the warming article 1 with various effects/efficacies.

Please amend the paragraph beginning at page 20, line 22, as follows:

In the present embodiment, the receiving part-forming member 6 is formed of the same surfacing material as the surfacing ~~member 34~~ member 33. Where the molded sheet is designed to not only heat up but expand, a mild pressure feeling is created in the inside of the receiving part by using, as the receiving part-forming member 6, the same surfacing material as the surfacing ~~member 34~~ member 33. Depending on the intended use of the warming article, the receiving part-forming member 6 may be formed of other materials, such as the above-mentioned air permeable sheet, air permeable sheet or decorative member or a composite sheet composed of such a sheet and the above-mentioned surfacing material.

Please amend the paragraph beginning at page 27, 12, as follows:

As illustrated in Fig. 5, the warming article 21 has a heat generating, shaped article ~~2100~~ 100, which is obtained by three-dimensionally shaping a molded sheet 210. The molded sheet 210 is prepared by papermaking and contains an oxidizable metal, a moisture-

retaining agent, and a fibrous material (a molded sheet 210 which does not contain an electrolyte will be called a heat generating intermediate sheet 210, and a molded sheet 210 containing an electrolyte (hereinafter described) and water will be called a heat generating sheet 210). The heat generating shaped article ~~2100~~ 100 is the heat generating sheet having been shaped by heat pressing. The heat generating sheet is disposed between an air permeable sheet 211 and an air impermeable sheet 212 and heat-pressed together with the air permeable sheet 211, the air impermeable sheet 212, and nonwoven fabrics 213 and 214 into a unitary article.

Please amend the paragraph beginning at page 38, line 7, as follows:

As illustrated, the warming article 21 of the second embodiment is a multilayer structure composed of the heat generating sheet 210, the air permeable sheet 211, the air impermeable sheet 212, and the nonwoven fabrics 213 and 214 and heat-pressed to form the projections 23 with good precision. The heat generating sheet 210 suffers from neither a tear nor a wrinkle as a result of heat pressing. Performing a warming and moisturizing function by the heat generating sheet 210 (the heat generating shaped article ~~2100~~ 100) and a pressing function (massaging function) by the projections 23, the warming article 21 is applicable to a diversity of uses. For example, the warming article 21 is suited for applications aiming at hair growth promotion, hair loss prevention, or bedhead styling by hot scalp massage, a slimming effect by massage on the arms, legs, hips, etc. or a depilatory effect.

Please amend the paragraph beginning at page 40, line 15, as follows:

The warming ~~article 1~~ article 21 of the second embodiment, which is produced by stacking the molded sheet (heat generating intermediate sheet), the air permeable sheet, the air impermeable sheet, and the nonwoven fabrics and heat-pressing the resulting multilayer

structure, may be produced by previously pressing only the molded sheet into a three-dimensional contour and then superposing the other members.

Please amend the paragraph beginning at page 40, line 20, as follows:

It is preferred for the heat generating shaped article and the warming article according to the present invention to contain an electrolytic solution of an electrolyte in the heat generating ~~sheet 10~~ sheet 210 as in the warming ~~article 1~~ article 21 of the second embodiment. Otherwise, the heat generating sheet may be supplied in the state freed of the electrolyte and given the electrolyte upon use. Where the sheet is free of an electrolyte, the production steps do not need to be conducted in an oxygen-free or low-oxygen atmosphere, which allows for simplification of the production steps *per se* and equipment for the production.

Please amend the entry at column 1, row 8, of Table 1-1, at page 46, as follows:

Air Permeability (~~g/100 ml~~ sec/100 ml)